



MOVING OUTSIDE THE BOX THE SECRET OF EXERCISE MOTIVATION

In a few moments I will give you the keys to unlocking the hidden secret to non-stop, ever-lasting exercise motivation that gets you moving your body so that you can incorporate it with the *Zero Resistance Weigh Release Solution* for faster results.

All of us know that exercise is good for us -- but 95% of New Year's resolutions to exercise are broken by the end of the January... or even sooner (Many are actually broken by Jan 2nd or 3rd.)

Exercise isn't optional. Your body was made to move and you must move it every day in order for it to remain healthy. Exercise not only firms, shapes and tones your body, but it can strengthen your heart, improve blood circulation, help you to sleep better, be more calm and alert, and have more energy.

Your body was not meant to sit for long periods of time such as sitting behind the wheel of a car. In fact, Lawrence Frank of the University of British Columbia has even quantified the link between the distance people drive each day and their body weight. He says, "*Every additional minute over 30 minutes spent in a car each day translates into a 3 percent **greater** chance of being obese. People who live in neighborhoods with a mix of shops and businesses within easy walking distance are 7 percent **less** likely to be obese.*"

Your body is also not meant to sit for hours in front the TV or your computer. Although this has become a *normal* activity for most people, it is totally *unnatural* and detrimental to your health and the health of your children.

Let's talk about the hidden price of not exercising. The inescapable fact is that physical activity is essential to good health, having lots of energy and shedding weight. Exercise not only burns calories and speeds up your metabolism, but it also helps you to break through plateaus where weight release slows down or stops.

Here is something important to know concerning weight reduction and exercise. If you lose weight *without exercise* you lose *both* lean muscle and fat tissue.

Each time you regain the weight you lose *without exercising* you will put on more fat than lean muscle. The reason for this is that when you lose weight and *regain* it *without exercise* your metabolism requires fewer calories to function. So when you return to eating the *same amounts of food as you did before your last diet* you won't *maintain* your weight, but will actually gain more weight. This why after dieting when people go back to their old eating patterns, not only do they gain back the weight they lost, but they also put on *additional* weight.

The Secret of Exercise Motivation

Again, we all know we should exercise, but I have asked myself what would inspire someone to exercise on an *ongoing* basis? What's the secret to ongoing exercise motivation?

Having better health or just looking better does not seem to motivate people to exercise for the rest of their life. They may do it for awhile, but eventually they usually give up.

Here is what I have discovered. People who exercise on an ongoing basis, for the rest of their life, have a *compelling reason*. They are *driven* by an *end result*.

What sort of *compelling reason* would motivate YOU to exercise or move your body? One of the *most* compelling reasons to exercise is you will have more choices in life. You can not only move easier, but you can participate in more physical activities that you really enjoy that you cannot participate in when you are not in shape.

To be perfectly honest, I couldn't walk up a flight of stairs or a half a block without getting winded. I tried to force myself to exercise and I just could not do it. Mostly because it was so boring and I need stimulation. I had to find a *reason* to keep moving and what I discovered was that *fun* is one of my highest internal drivers – one of my strongest motivators to do *anything*.

I didn't exercise until I learned to think about exercise in a different way. It wasn't until I figured out that I needed to find something *enjoyable* that I was able to do it. After that I did not have to force myself to exercise. Exercise became a natural part of my life because it was attached *fun*.

What if you really looked forward to your exercise routine and loved it? What if it could be made fun, and not a dreaded chore? What if moving your body became so *pleasurable* that you actually looked for even *more* ways to exercise? Well, that is all very possible when you choose an activity you enjoy.

Here is an interview I recently had with a client....

Me: John, what do you love to do?

John: I like martial arts

Me: Why do you like martial arts as opposed to something else?

John: I love it because I have to use my mind and body. It requires a much greater degree of mind-body coordination than most games played with a ball so it always keeps my interest and it is the only sport I enjoy doing or watching.

Me: You mentioned you did the treadmill in past. Do you still do that?

John: No.

Me: That's the secret right there. You *enjoy* martial arts. That's why you are able to do it *consistently*. You did the Treadmill because you felt you *had to* so like anything we feel we "have" to do you found an excuse for *not doing it*.

John: That's exactly right. I will not do something I do not enjoy for a long period of time. I have tried it and it doesn't work.

The lesson here is that the secret to motivating yourself to exercise is a matter of finding something that encourages and supports you in doing *something you love to do*.

The fact remains that despite the requirement for health and weight reduction, you will *not* exercise for the *long term* if it is not *enjoyable*. You can override this for awhile and tough it out, but you will eventually give up and go right back to not exercising at all.

When we were kids we moved a lot, but it was all in *fun*. So the secret to starting and maintaining an exercise program is that it must be *fun*.

When we attach fun to some type of movement, we end up being more active, but doesn't seem like exercise to us.

It is important to focus on the results you're going to get as opposed to the doing some type of some type of exercise just because it is "good" for you.

For example, I know people who go to the gym year after year. When I ask them why, most of them said that they focus on how it's going to make them look and feel.

They focus on how that person they are interested in comments on how good they look, or how they will look in that bikini or jeans, or how they will feel and the energy they will have. They don't think, "I can't wait to stand on the treadmill or lift weights". They attach *positive emotions* to how *good* they are going to look and feel and the outcome they are going to experience.

So we need to attach *positive emotions* to the end result so that whenever we think about exercising it automatically creates this *positive emotion* in our brain. For instance, if your life is wrapped up in your kids and that's the most important thing in your life, then maybe there is something they can do with your kids that's active. Your positive motivation is "I get to spend more time with my kids". Or perhaps you say to yourself, "Look at the way he or she looks at me when I am done with working out", or "Look how great I look in those jeans".

Put simply, the key is to focus on the results, not what you have to *do* to get the results.

So where do you start? Here are some tips for moving your body regardless of your current physical condition. (If you have any doubts about your ability to do any type of exercise always consult your physician first).

When starting out, begin at the exercise level you are at now. Take it a step at a time.

For example, start with walking. If walking to the mail box is a stretch for you then make that your goal. Gradually and carefully increase your exercise. If you currently walk for 15 minutes and feel you are ready to increase your exercise then go for 16 minutes then 17. Don't go from 15-30. There is no faster way to ruin your enjoyment of exercising than doing too much too fast – or worse yet injure yourself. Build up to 30-45 minutes. Get some walking music and put it in your iPod or mp3 player and you will be amazed how fast the time goes by.

You want to walk fast enough so that you are burning calories, but not so fast that you cannot talk or sing. Also, buy an inexpensive pedometer and keep track of your progress. This will give you a feeling of accomplishment as the numbers keep increasing.

If conventional ideas of exercise don't appeal to you then there are plenty of other ways to do it.

You can, bowl, take up ballroom or country dancing, play tennis, golf, swim or skate. Try fencing, or a martial art such as Aikido. Aikido is unique because it is the only martial art that has no offensive moves. There is no kicking or punching. It uses the energy of your opponent against himself. It is one of the most interesting and enjoyable martial arts to learn.

If you are really out of shape try Tai Chi. It is easy to do and will get you moving and feeling great about yourself.

Don't know how to do any of these things? Just take lessons. This provides some extra benefits as well. First, you will learn something new. Second, you will have a have an enjoyable exercise activity to look forward to, and third, you can meet new people – all at the same time.

If you cannot get yourself to do any of these things get a personal trainer. He or she will work with you and help motivate you.

I had history of back problems and was afraid to push myself. I started with Tai Chi and then added Pilates. I got a good workout but at the same time built my CORE so that my back became much stronger.

Stop sitting around the house, your desk, the TV or your computer. In fact, anytime you find yourself sitting *for more than 30 minutes* ask yourself what else could you be doing that will move your body.

Get out of the house or car and move your feet. Speaking of your car, why not go out and wash it instead of taking it to the car wash.

If you have to stay in the house, take a break, put on some music and move. Almost any kind of music will inspire you to move.

One of the ways to help motivate yourself to exercise is to have an exercise partner. By having a partner you are expected to show up. Get a walking partner. Schedule your time to exercise and do it together.

This is where the rubber hits the road. You need a *compelling reason* to get moving. Take a few moments and challenge yourself to discover one or more *compelling reasons* to get moving and keep moving for the rest of your life - not just until you get rid of the excess weight.

Here is another way to motivate yourself; List all the activities you would like to do one day *that you cannot do now*. Circle the ones that inspire and motivate you. Then pick *one* as your first goal and use it as your *current* motivator. Get started doing it now.

So here is the key

1. Convince yourself Exercise or moving your body is *not optional*. Your body was made to move and you must move it EVERY DAY in order for it to remain healthy.
2. Have compelling reasons to exercise and move your body. What will you GAIN from your exercise that will add to your life and make you feel better? For example, how good you will look in those jeans, or how it will make you partner feel about you, or how it will help you to attract the partner you desire or how you will be able to do something that you cannot physically do right now.
3. Choose one or *two activities* that you perceive as *fun* and start with these activities.

Sometimes we need a reminder. Here are a few phrases you can use to remind yourself to move your body

I dance more, sit less.

Couches are for pillows.

Flabby is shabby.

I chose to be fit instead of fat.

Moving give me more energy.

I am getting stronger and fitter every day and I love it.

Nike says – *Just DO it*. Let's take that a step further. Our motto is - *Just DO it and ENJOY it!* I wish I could complicate this for you, but it is very *simple*. *Enjoyment* is the secret to non-stop, ever-lasting exercise motivation.